



The New American Plate for Breakfast

Recipes for a healthy weight
and a healthy life



American
Institute for
Cancer
Research



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Rethinking Breakfast

It's time to take a radical look at the morning meal. Most of us eat the same breakfast every day. We tend to eat pastries, sugar-coated cereal, or eggs because Americans have always eaten these foods in the morning. But in a society where overweight and chronic disease are rampant, it makes sense to reexamine our eating habits. Breakfast should be regarded as one of three basic meals that supply energy to maintain us through the day and at the same time supply minerals, vitamins and phytochemicals to sustain us through a long and healthy life.

The New American Plate is a model for such meals. It shifts vegetables, fruits, whole grains and beans to the center of the plate and shifts animal protein to the side. This new proportion of plant foods to animal foods has helped many people transition to more healthy diners. It can serve as a perfect model for breakfast as well.

This brochure shows you how to apply the New American Plate to breakfast. It takes six traditional breakfasts and transitions them into good-tasting alternatives that offer you a steady energy supply and many of the nutrients you need. You'll find more than a dozen recipes that are ideal for breakfast, plus helpful planning and preparation tips with each meal suggestion.

What Is the New American Plate?

The New American Plate isn't a short-term "diet" to use for quick weight loss, but a new approach to eating for better health. It emphasizes the kinds of foods that can significantly reduce your risk for disease – not only cancer, but also heart disease, type-2 diabetes and other chronic health problems. What's more, the New American Plate shows you how to enjoy all foods in sensible portions. That is, it promotes a healthy weight as just one part of an overall healthy lifestyle.

The New American Plate is based on the recommendations from a landmark research report, *Food, Nutrition and the Prevention of Cancer: a global perspective*, published in 1997 by AICR and its affiliate, the World Cancer Research Fund. A panel of experts wrote this report after reviewing more than 4,500 diet and cancer studies from around the world. This report clearly shows a link between a predominantly plant-based diet and reduced cancer risk. In fact, eating more vegetables and fruits, exercising regularly and maintaining a healthy weight could cut cancer rates by 30 to 40 percent.

At the center of the New American Plate are a variety of vegetables, fruits, whole grains and beans. These plant-based foods are rich in protective substances that can help keep you in good health and reduce the risk of many types of cancers. They are also naturally low in calories. When plant-based foods fill your plate, you're able to eat more filling and satisfying meals – all for fewer calories than the typical American diet.

Diet and Health Guidelines for Cancer Prevention

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store food safely.

And always remember...

Do not use tobacco in any form.

Proportion

The traditional American plate contains a large serving of animal protein, a small serving of vegetables and some form of potatoes or refined grain product. This plate provides too many calories and too few nutrients to decrease disease risk or help you maintain a healthy weight. It certainly won't help you reach the 5 to 10 servings of vegetables and fruits associated with reduced cancer risk.

To accomplish that, you have to change the proportion of foods on your plate. That is, you have to increase the amount of plant-based foods and decrease the amount of animal protein. The New American Plate aims for two-thirds (or more) vegetables, fruits, whole grains and beans and one-third (or less) dairy products, meat or other animal-based protein.

Portion Size

To reach a healthy weight, it's not just *what* you eat, but also *how much* you eat that matters. Choosing appropriate portion sizes can help avoid an expanding waistline.

About two decades ago, some food companies began competing for consumer dollars by offering larger portions. Soon "value meals" and "supersizes" became commonplace. In the coffee shop, bagels and muffins tripled in size. Even table service restaurants began using larger plates laden with more food. At the same time, portion sizes began expanding at home.

According to the U.S. Department of Agriculture (USDA), the average number of calories Americans eat each day has risen from 1,854 to 2,002 over the same

years. It's not surprising that the number of people who are obese or overweight has skyrocketed, too.

The portion sizes we now eat are considerably larger than the standard serving sizes published by USDA. For example, that full bowl of cereal you eat each morning may actually contain two or three standard servings. The large bagel you buy as a snack may run to three or four standard servings.

Being aware of escalating portion sizes is essential for people concerned about managing their weight. (See page 23.) The first step in weight reduction is gradually reducing portion size while increasing physical activity. But remember, long-term health depends on maintaining the right proportions of foods on your plate. So reduce portion size gradually while keeping the $\frac{2}{3}$ to $\frac{1}{3}$ ratio of plant foods to animal foods.

Standard Serving Sizes

Food	Serving	Looks Like
Chopped Vegetables	$\frac{1}{2}$ cup	$\frac{1}{2}$ baseball or rounded handful for average adult
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or fist of an average adult
Fresh Fruit	1 medium piece	1 baseball
	$\frac{1}{2}$ cup chopped	$\frac{1}{2}$ baseball or rounded handful for average adult
Dried Fruit	$\frac{1}{4}$ cup	1 golf ball or scant handful for average adult
Pasta, Rice, Cooked Cereal	$\frac{1}{2}$ cup	$\frac{1}{2}$ baseball or rounded handful for average adult
Ready-to-Eat Cereal	1 oz. which varies from $\frac{1}{4}$ cup to $1\frac{1}{4}$ cups (check label)	
Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	$\frac{1}{2}$ cup cooked	$\frac{1}{2}$ baseball or rounded handful for average adult
Nuts	$\frac{1}{3}$ cup	Level handful for average adult
Cheese	$1\frac{1}{2}$ oz. (2 oz. if processed cheese)	1 oz. looks like 4 dice

Source: U.S. Department of Agriculture

The Traditional American Breakfast

A good morning meal should provide energy that burns steadily all morning long. It should also provide a share – perhaps even a third – of the nutrients and phytochemicals your body requires each day. Too often traditional American breakfasts fail on both counts.

One standard American breakfast is no breakfast at all. People skip the morning meal because of the rush to get up and out or because of the desire to reduce caloric intake. Eating a healthy breakfast fuels the muscles for physical activity and improves productivity. It actually increases the rate at which you burn calories. Skipping this meal is likely to leave you sluggish and hungry.

Furthermore, skipping the morning meal to lose weight is counterproductive. Study after study shows that people who skip breakfast take in more calories later in the day than people who eat three evenly spaced meals. Other studies show that breakfast skippers tend to have higher blood cholesterol levels as well.

Another traditional American breakfast is a “doughnut and coffee.” We grab a doughnut, Danish or cinnamon bun because it’s quick and easy. Such pastries, however, are highly processed plant foods. That is, they contain excessive amounts of refined flour and refined sugar. They are a quick fix. They raise your blood sugar level rapidly and then let it plummet. The result is fatigue and hunger before the morning is half over, and you find yourself looking around for a snack to keep you going.

A third traditional American breakfast is eggs, bacon or sausage, served with the inevitable hash browns. This hearty classic is high in saturated fat, and countless studies show saturated fat raises cholesterol levels and contributes to the clogging of arteries. Furthermore, it provides too much animal protein and fat and not enough of the protective nutrients and phytochemicals found in a plant-based breakfast. This kind of morning meal can lead to overweight and chronic diseases including cancer.

The proportions are off in all of these traditional breakfasts. They are lacking the right balance of plant foods and lean animal protein. Pastry and coffee usually fail to provide a steady flow of energy. Eggs and fried meat won’t supply the protective vitamins, minerals and phytochemicals long-term health requires. And not eating breakfast misses the grade altogether.



Overcoming Obstacles to a Healthier Breakfast

What gets in your way of eating a healthier breakfast? The suggestions below can help break down the barriers to breakfast.

1. Not hungry first thing in the morning

Start small. How about a glass of juice or handful of raisins? Later on in the morning, when you're feeling more hungry, try lowfat yogurt, a whole-grain mini bagel or slice of lowfat cheese.

2. No time for breakfast

If eating breakfast is not high on your morning priority list, your best bet is to plan ahead. You have a few options:

- Keep some quick-to-prepare foods at home, like whole-grain cereal and lowfat or nonfat milk, instant hot cereal packets (cooks in one minute in the microwave) and single-serve containers of lowfat yogurt.
- Prepare and package breakfast foods the night before. For example, cut up fresh fruit or spread peanut butter on whole wheat bread. Wrap and brown bag it if you intend to eat it on the run.
- Cook food on the weekend and freeze it; then defrost or warm it in the microwave when you're ready to eat. For example, make and freeze a batch of fruit and whole wheat muffins. (See

recipes on pages 26 and 27.) Place one in the refrigerator to defrost the night before you plan on eating it for breakfast.

- Make time to eat breakfast at home. Set your alarm clock 10 minutes earlier and start your day with a nutritious meal.

3. Not interested in the traditional American breakfast

What foods come to mind when you think about breakfast? Eggs and bacon, sugared cereal, pastry or a fast-food biscuit sandwich? This may define breakfast in America but it's not necessarily the case in other cultures. In Southeast Asian countries, like Thailand, people start their mornings with a bowl of noodle soup. The low-fat but comforting broth also contains a little cooked meat and a lot of diced veggies.

No one says you have to stick with traditional American breakfast foods – especially when there are healthier choices. How about a bowl of vegetable soup and whole wheat crackers? Or a handful of nuts mixed with dried fruit, along with a glass of nonfat or lowfat milk?

The Scientific Debate about Fats and Carbs

For years, health experts have warned of the hazards of eating too much fat. Now you hear that carbohydrates are bad for your health and your weight. So what should you do? Eliminate fat? Avoid carbs? The truth is a bit more complicated than that.

Scientists have known for years that eating too much fat is not good for your heart or your waistline and may be linked to cancer. But recent research has shown that some fats, when used in moderation, may have health benefits. Monounsaturated fats, such as olive oil and canola oil, are considered heart healthy. In laboratory tests, omega-3 fatty acids – found in fatty fish like salmon, and in flaxseed and walnuts – help protect against cancer. Saturated fats, long considered the worst culprit, are now joined by trans fats, which are thought to be just as bad. Saturated fats are found in animal protein, like red meat, whole milk and butter; trans fats are found in processed foods containing partially hydrogenated vegetable oil, such as crackers, cookies, pastries, doughnuts and most margarines.

Today's popular diets often blame carbohydrates for our expanding waistlines. But not all carbs deserve such criticism. Some scientists believe that *refined carbohydrates*, such as sugar, white bread, white rice and processed cereals, are the culprits. They cause a surge in blood sugar levels. This raises insulin levels, which in turn leads to overeating and storage of excess body fat.

Recently, a decades-old theory has resur-

faced condemning foods with a high glycemic index (GI). The glycemic index measures how rapidly blood sugar rises after eating carbohydrates. Some experts believe that eating foods with a high GI causes a quick rise and drop in blood sugar, which makes you get hungrier sooner. In contrast, eating foods with a low GI leads to a steadier, more sustained release of energy, which may stave off hunger longer. Although this theory is as yet unproven, some studies suggest that eating a diet of high GI foods is linked to obesity, diabetes, heart disease and some cancers. Refined carbohydrates – such as bread made with white, “enriched” flour and white rice – generally have a higher GI than unrefined carbohydrates.

Most *unrefined carbohydrates*, such as bran cereal, brown rice and other whole grains, are converted to sugar more slowly, which raises insulin levels less. Since unrefined carbs provide fiber, they help control hunger by making you feel full. Additionally, diets high in dietary fiber may moderate blood sugar in diabetics and blood cholesterol levels for anyone, and contain cancer-fighting vitamins and phytochemicals. All these factors point to the benefits of eating unrefined carbohydrates daily.

What should you do? Rather than avoiding all types of fats or carbohydrates, learn to discriminate among them. To get more health-promoting fats and carbohydrates and fewer potentially harmful ones, use the New American Plate's rule of thumb: **Fill your plate with two-thirds (or more) vegetables, fruits, whole grains and beans and one-third (or less) lean animal protein.**

New American Plate Breakfasts

Are you ready to try a new kind of breakfast? Below are six traditional American breakfasts followed by suggestions to help you transition to a healthier New American Plate breakfast. Each transitional breakfast includes shopping, cooking or nutritional tips to help you choose a breakfast that fits your tastes and lifestyle. If you prefer to cook your own breakfast, we've included a variety of recipes to help you get started.

Remember, when adjusting your morning meal to include more plant-based foods, even the smallest change can provide real health benefits. Any new fruits, whole grains, vegetables or beans that make their way onto your plate contribute disease-fighting power. And the fat and calories you save may make a real difference to your waistline.

Make the transition to healthier foods and portions gradually. Even small reductions add up to real differences. And, if you transition to more healthy proportions in stages, you are less likely to notice the change. Begin by reducing the portion size of animal-based foods, such as meat, eggs and cheese. Replace the animal protein with more fruits, whole grains and vegetables. After you have adjusted to the first stage, take the next step. Reduce the animal protein on your plate to 3 ounces – about the size of a deck of cards. Or eat moderate portions of soy-based versions of bacon, sausage and other breakfast meats and soy cheeses to help yourself adjust. By adding whole grains and plant

foods, you'll have a satisfying morning meal. Here are some examples:

Traditional Breakfast 1: No Breakfast

Transition to:

Breakfast Banana Smoothie or Strawberry-Melon Smoothie (see recipes, page 25)

- There are many ways to make a smoothie. Try different fruit and yogurt combinations to create your own nutritious and satisfying breakfast drink.
- If you prefer flavored yogurt to plain yogurt, the “light” varieties of yogurt will have fewer calories and less sugar.

Small Container of Lowfat Yogurt, Small Box of Raisins, Individual Size Box of Dry Whole-Grain Cereal

- Eat each separately for a grab-and-go breakfast. Or mix yogurt, raisins and cereal together – whichever way works best for you.
- Use plain or light yogurt instead of sugar-sweetened flavored yogurt to cut down on added sugar. Combine with raisins to add natural sweetness.
- Look for whole grains in the ingredient list of the cereal. If a whole grain, like 100 percent whole wheat or whole oats, is listed as the *first* ingredient, it means the food is rich in whole grains.

Orange Juice, Whole Wheat Fruit Muffin

- Store-bought muffins often come in hefty-size portions. Look for smaller-size muffins or eat half of a larger one and save the rest for another time. Or, make your own muffins. (See recipes, pages 26 and 27.)

- Plan ahead. Make the muffins in advance and freeze them. Then defrost as needed.
- Our muffin recipes provide fiber and phytochemicals that can help protect your health.

Traditional Breakfast 2: Doughnut and Coffee

Transition to:

Banana, Whole Wheat Bagel with Peanut Butter, Coffee

- Did you know that health experts recommend that we eat at least 3 servings of whole-grain foods daily? Most Americans average less than 1 serving a day. Breakfast is an opportunity to get more servings of whole grains into your diet.
- Including some plant-based protein at breakfast, like peanut butter, may help delay mid-morning hunger.

Fruit Salad, Whole Wheat English Muffin with Preserves or Apple Butter, Reduced Fat String Cheese, Coffee

- Cut down on added sugar by using “all-fruit” preserves. Or try apple butter, a spread made from apples and apple cider with no added sugar.
- Save time making fruit salad. Buy canned fruit or pre-cut fresh fruit at the supermarket deli counter or salad bar.

Fruit Juice, Multi-Grain Pancakes with Strawberry Sauce (see recipe, page 28), Coffee

- Make this recipe when you have the time and freeze for later use.
- When fresh strawberries are not in season, use unsweetened frozen

strawberries or another fruit you enjoy.

- Save prep time by using a store-bought whole wheat pancake mix.

Traditional Breakfast 3: Orange Juice, Rice Krispies, Milk

Transition to:

Orange Juice, Whole-Grain Cereal, Nonfat or Lowfat Milk, Blueberries, Chopped Almonds

- Look for whole-grain cereals that contain little or no added sugar. For example, Shredded Wheat contains no added sugar. Cheerios, Wheat Chex and Wheaties are low in sugar compared to many processed cereals.
- Vary your fruit choices depending on what’s in season.
- Nuts are filling; a small handful adds protein and healthy fats to breakfast.

Vegetable Juice, Oatmeal with Fresh Sliced Apples, Walnuts and Cinnamon

- Oatmeal is a whole grain. It’s a good source of fiber and is low in fat, although instant oatmeal that is flavored and pre-sweetened contains high amounts of sugar. Instead, opt for plain unsweetened instant oatmeal that you sweeten yourself with fruit or just a sprinkle of sugar.
- Instead of adding refined sugar to plain oatmeal, sweeten it with fruit, nuts and cinnamon and a light sprinkling of sugar. For an alternative to oatmeal, try bulgur with apples, currants and toasted pecans. (See recipe, page 31.)

Cranberry Juice, Maple Raisin Granola, Soy Milk, Sliced Peaches

- Cranberry juice contains health-promot-

ing phytochemicals. To cut down on added calories, look for light cranberry juice.

- Some granolas are high in fat and sugar. To better control the amount of fat and sugar you eat, you may prefer to make your own (see recipe, page 29).
- In recipes that call for regular syrup, try a smaller amount of maple syrup and vanilla extract instead.
- Soy milk contains isoflavones, one of the phytochemicals found in soybeans. It also provides protein. Some soy milks are fortified with calcium and vitamins D and B-12. Check the product label.

*Traditional Breakfast 4:
Fast Food Breakfast Sandwich:
Sausage, Egg and Cheese on an
English Muffin*

Transition to:

Homemade Sandwich: Whole Wheat English Muffin, Soy Sausage, Reduced Fat Cheese, Tomato Slice

- For an easy way to eat 2 servings of whole grains, choose a whole wheat English muffin.
- To cut down on fat, use soy sausage instead of pork sausage and reduced fat cheese instead of its full-fat counterpart.
- To cut down on fat, order a veggie pizza from the pizzeria. Save a slice for breakfast.
- Our recipe for vegetable pita pizzas (see recipe, page 30) calls for whole wheat pita and squash – a delicious way to eat some servings of whole grains and vegetables.

Breakfast Fruit Wrap (see recipe, page 31)

- The fruits in this recipe make it a healthier choice than a typical fast food breakfast sandwich.
- Wrap it up in foil and eat it on-the-run. It's nutritious fast food.

*Traditional Breakfast 5:
A Container (8 oz.) of Yogurt*

Transition to:

Individual (6 oz.) Lowfat Yogurt Mixed with Berries and Wheat Germ, Bran Muffin, Cranberry Juice

- You'll get plenty of fiber (from the bran and berries) and disease-fighting phytochemicals (from the berries, wheat germ, bran and cranberry juice) in this meal.
- Use plain lowfat yogurt instead of sweetened flavored yogurt to avoid extra calories, and sweeten with fresh fruit.

Lowfat Cottage Cheese with Sliced Peaches, Whole Wheat Toast with Preserves

- Spread apple butter or sugar-free preserves on your toast to eliminate added sugar.
- Enjoy the succulent flavor of seasonal fresh fruit. If peaches are not in season, choose another fresh fruit. Or use canned peaches packed in water or their own juice and drained.

Rice Pudding (see recipe, page 32) with Yogurt and Fruit

- Brown rice is a whole grain. It retains its outer coating, which gives it more nutrients and fiber than white rice.
- Try this recipe on the weekend or when you have time to cook. It's worth the

The New American Plate for Breakfast

$\frac{1}{3}$ (or less)
animal
protein

$\frac{2}{3}$ (or more)
vegetables,
fruits,
whole grains
and beans



Start reshaping your breakfast by looking at your plate. Is the greater portion of your meal plant-based? (See page 5.) Are your portion sizes appropriate to your activity level? (See page 23.)

This breakfast plate of yogurt, whole grain muffins and sliced fruit displays the right proportion of plant to animal foods.

time. Then save and refrigerate the rest to enjoy later in the week.

Traditional Breakfast 6:
Scrambled Eggs with Bacon, Hash Browns, Buttered Toast

Transition to:

Confetti Breakfast Burritos (see recipe, page 32)

- Here's a delicious way to fit vegetables into your morning meal.
- The combination of whole wheat tortillas, vegetables and eggs keeps this recipe within the $\frac{2}{3}$ plant food to $\frac{1}{3}$ animal food proportion.

Italian Breakfast Strata (see recipe, page 34)

- If cooking is your pleasure, this recipe's for you. It requires some advance planning since the ingredient mixtures need to be refrigerated overnight and baked the following day.
- This strata is made with whole wheat bread. Make sure the first ingredient on the packaged bread is "whole grain" or "whole wheat." It makes a difference.

Southwest Vegetable Fritatta (see recipe, page 33)

- Beans for breakfast? You bet. And veggies, too. This unique breakfast is anything but boring.
- The oil and avocado used in this recipe are rich in heart healthy monounsaturated fat. The soy cheese has less fat than regular cheese. As with all fats, moderation is key.



Weight Control and Portion Size

People who are overweight and inactive are at greater risk for cancer and other chronic diseases. Researchers believe that overweight and inactivity cause the body to secrete high levels of insulin and other hormones known as "growth factors." Cells constantly exposed to these substances begin to divide quickly and often, which makes cancer more likely. The good news is that regular physical activity and weight loss can help restore insulin levels to normal. That may help reduce your risk of disease.

If you're looking to lose weight, don't cut out whole categories of foods or skip a meal to reduce your daily calories. Chances are, these strategies won't work. Feeling deprived of your favorite foods or not eating a meal altogether could lead to overeating later on.

Instead, throughout the day fuel your body mostly with vegetables, fruits, whole grains and beans. Meals centered around these foods tend to be lower in calories and fat than meals dominated by animal foods. For eating satisfaction and added health benefits, remember the New American Plate's rule of thumb: two-thirds plant food to one-third animal food.

If you've switched to a healthier diet but are still having difficulty reaching a healthy weight, one factor to consider is portion size. Start by looking at your plate and analyzing how much you eat. Try this experiment: Measure out a regular portion of a favorite breakfast food. For instance, pour your usual portion of dry cereal into

a bowl. Next, check the chart on page 7, and measure out the standard serving size of your cereal. Compare the two bowls.

Ask yourself this question: How many standard servings go into the portion I regularly eat?

If you are concerned about your weight, consider decreasing the number of servings in your portion. Cut back gradually so you'll be less likely to notice the change. Even small reductions add up to substantial health benefits. Remember, maintaining the right proportion of plant foods to animal foods is important to your long-term health. So reduce the portion sizes on your plate, but maintain the " $\frac{2}{3}$ to $\frac{1}{3}$ " proportion. Also, exercise more. If you still do not see your weight gradually moving in a healthy direction, contact your doctor or a registered dietitian for a more individualized plan.

Simple breakfast ideas that don't require recipes

- Whole wheat toast with a dab of peanut butter and banana slices.
- Instant oatmeal or whole-grain cereal sweetened with fresh fruit and lowfat milk or soy milk.
- Lowfat yogurt mixed with fresh fruit in a blender for a vitamin-rich smoothie.
- Fish, such as leftover salmon on a whole-grain bagel and reduced or nonfat cream cheese.
- A breakfast parfait of layered lowfat yogurt, fresh fruit and cereal and chopped nuts.

Recipes

The recipes that follow take varying times to prepare. Some, like the smoothies, are ready in a matter of minutes. Others, like the muffins, granola or vegetable pita pizza, can be prepared on a weekend and frozen. Then individual portions can be defrosted in the microwave for an instant breakfast. Still others, like the brown rice pudding or Italian breakfast strata, may best be saved for special occasions.

Breakfast Banana Smoothie

- 2 medium bananas, peeled and sliced
- 1 container (8 oz.) nonfat plain yogurt
- 1½ cups skim milk
- 1 tsp. toasted wheat germ
- Dash of cinnamon or nutmeg

In blender, combine bananas, yogurt, milk and wheat germ. Blend until smooth. Pour mixture into chilled glasses. Sprinkle with cinnamon or nutmeg. Serve immediately.

Makes 2 servings. Per serving: 227 calories, 1 g fat (<1 g saturated fat), 47 g carbohydrate, 13 g protein, 3 g dietary fiber, 164 mg sodium.

Strawberry-Melon Smoothie

- 1 cup orange juice
- 1 cup cut-up cantaloupe
- 1 carton (8 oz.) nonfat plain yogurt
- 1 bag (10 oz.) frozen, unsweetened strawberries

In blender, puree orange juice with cantaloupe. Add remaining ingredients and blend until smooth. Serve immediately.

Makes 4 servings. Per serving: 93 calories, <1 g fat (0 g saturated fat), 21 g carbohydrate, 4 g protein, 2 g dietary fiber, 40 mg sodium.

Banana-Orange Bran Muffins with Pecans and Raisins

- Canola oil spray
- 1 cup mashed ripe bananas (about 3 medium bananas)
- $\frac{1}{2}$ cup frozen orange juice concentrate, thawed
- 1 egg
- $\frac{1}{4}$ cup canola oil or light olive oil
- $1\frac{1}{2}$ cups bran flakes cereal
- 1 cup whole wheat pastry flour
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{4}$ tsp. cinnamon
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{2}$ cup raisins, regular or golden
- $\frac{1}{4}$ cup chopped toasted pecans

Preheat oven to 400 degrees. Spray 12-cup muffin tin with canola oil spray and set aside. In large bowl, whisk together mashed bananas, orange juice concentrate, egg and oil. Stir in bran flakes. Let sit about 15 minutes to soften cereal. In separate bowl, combine flour with baking powder, baking soda, cinnamon and salt. Add to cereal mixture and stir just until combined. Gently fold in raisins and pecans. Spoon batter evenly into muffin tins. Bake 20 to 25 minutes or until done. Cool 5 minutes in tin.

Yield: 12 muffins. Per serving (1 muffin): 176 calories, 7 g fat (<1 g saturated fat), 27 g carbohydrate, 3 g protein, 3 g dietary fiber, 175 mg sodium.

Pumpkin-Spice Muffins

- Canola oil spray
- $1\frac{1}{2}$ cups whole wheat flour
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ cup packed brown sugar
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{4}$ tsp. salt
- $1\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. each cloves, ginger and nutmeg
- 1 cup canned pumpkin
- $\frac{1}{3}$ cup light canola oil or olive oil
- $\frac{1}{3}$ cup nonfat buttermilk
- 1 large egg
- 1 large egg white
- 1 tsp. vanilla
- $\frac{1}{4}$ cup chopped walnuts, for topping (optional)

Preheat oven to 400 degrees. Spray 12-cup muffin pan with canola oil spray. In large bowl, combine dry ingredients through spices. Stir well to combine. In medium bowl, combine pumpkin, oil, buttermilk, eggs, and vanilla; mix well. Pour liquid mixture into dry ingredients and stir. Divide among 12 muffin cups. Top with chopped walnuts, if using. Bake about 20 minutes or until muffins bounce back when pressed lightly.

Makes 12 muffins. Per serving (1 muffin): 174 calories, 7 g fat (1 g saturated fat), 26 g carbohydrate, 4 g protein, 3 g dietary fiber, 158 mg sodium.

Multi-Grain Pancakes with Strawberry Sauce

Canola oil spray

$\frac{1}{2}$ cup all-purpose white flour

$\frac{1}{4}$ cup whole wheat pastry flour

$\frac{1}{4}$ cup finely ground corn meal

1 Tbsp. sugar

1 tsp. baking powder

$\frac{1}{4}$ tsp. baking soda

$\frac{1}{4}$ tsp. salt

1 large egg

$1\frac{1}{2}$ cups nonfat buttermilk

1 Tbsp. canola oil

$1\frac{1}{4}$ cups all-fruit strawberry preserves

$\frac{1}{4}$ cup apple juice

$1\frac{1}{2}$ cups sliced strawberries

Coat frying pan or griddle with canola oil spray. Whisk together flours and corn-meal. Add sugar, baking powder, baking soda and salt. Set aside. In another bowl, lightly beat egg. Add buttermilk and canola oil. Combine liquid ingredients with the dry. Whisk to blend. Batter may contain small lumps. Heat frying pan or griddle over medium-high heat. Working in batches and using measuring cup, pour scant $\frac{1}{4}$ -cup batter onto hot griddle per pancake. When bubbles form on top, flip pancakes over. Cook until golden on second side, using more cooking spray for additional batches if necessary. (Keep finished pancakes warm on heatproof platter in oven at 200 degrees). While pancakes are cooking, place strawberry preserves and apple juice in a saucepan on low heat. Add sliced strawberries, stir, and heat for 1 minute. Keep strawberry sauce warm while finishing pancakes. Place finished pancakes on platter. Spoon warm

strawberry sauce over top. Top with fresh strawberries.

Makes 4 servings. Per serving: 364 calories, 6 g fat (1 g saturated fat), 68 g carbohydrate, 8 g protein, 6 g dietary fiber, 473 mg sodium.

Maple Raisin Granola

Canola oil spray

3 cups old fashioned rolled oats

$\frac{1}{4}$ cup whole wheat flour

$\frac{1}{2}$ tsp. cinnamon

Pinch of salt

$\frac{1}{2}$ cup pure maple syrup

$\frac{1}{3}$ cup canola oil

1 tsp. vanilla extract

1 cup raisins

Preheat oven to 300 degrees. Lightly coat baking sheet with canola oil spray. In large bowl, combine oats, flour, cinnamon and salt. In separate bowl, whisk together syrup, oil and vanilla extract. Add to oat mixture, stirring well to coat. Spread mixture across baking sheet. Bake 30 minutes. Remove tray from oven. Sprinkle granola with raisins. Using large spoon or spatula, mix raisins and granola well, breaking up any lumps. Return to oven and continue baking an additional 20 minutes. Allow granola to cool completely. Store in airtight container in refrigerator.

Makes 10 servings. Per serving: 259 calories, 9 g fat (<1 g saturated fat), 42 g carbohydrate, 5 g protein, 4 g dietary fiber, 34 mg sodium.

Veggie Pita Pizzas

- 4 whole wheat pita bread rounds
- 1 cup prepared pasta sauce (with vegetables)
- $\frac{1}{2}$ red bell pepper, finely diced
- 1 small zucchini, finely diced
- 1 small yellow summer squash, finely diced
- $2\frac{1}{2}$ –3 oz. jar or can sliced mushrooms, drained
- 1 tsp. dried oregano
- 1 tsp. dried basil
- $\frac{1}{2}$ cup shredded part-skim mozzarella cheese
- 8 tsp. grated Parmesan cheese
- Crushed red pepper flakes, to taste (optional)

Preheat oven to 400 degrees. On oven rack or in toaster oven, toast pita bread for 1 minute. Remove and allow to cool. Spread $\frac{1}{4}$ cup pasta sauce on each pita round. In medium bowl, combine red pepper, zucchini, yellow squash and mushrooms. Spoon evenly onto pita rounds. Sprinkle $\frac{1}{4}$ teaspoon oregano and basil on each round. Divide mozzarella among pitas. Top each with 2 teaspoons of Parmesan cheese. If desired, sprinkle with a bit of crushed red pepper flakes. Broil, watching carefully, until cheese is melted and bubbly, and pita is hot. Serve immediately.

Makes 4 servings. Per serving: 186 calories, 6 g fat (3 g saturated fat), 26 g carbohydrate, 10 g protein, 3 g dietary fiber, 755 mg sodium.

Breakfast Fruit Wrap

- 1 tortilla, preferably whole wheat
- 2 tsp. “fruit only” strawberry preserves
- 2 Tbsp. reduced fat ricotta cheese
- $\frac{1}{3}$ – $\frac{1}{2}$ cup sliced fresh strawberries
- 2 Tbsp. sliced almonds, toasted

On flat surface, spread preserves on tortilla. Top with ricotta cheese. Carefully top with sliced fruit. Sprinkle with sliced almonds. Starting from one end, roll tightly. Wrap in foil for neater eating. Makes 1 fruit wrap. Variation: Spread tortilla with apricot preserves and use sliced fresh or canned, well-drained peaches.

Per serving: 231 calories, 9 g fat (2 g saturated fat), 34 g carbohydrate, 9 g protein, 4 g dietary fiber, 213 mg sodium.

Bulgur with Apples, Currants and Toasted Pecans

- 1 medium unpeeled apple, minced
- $\frac{1}{3}$ cup currants
- $\frac{1}{8}$ tsp. cinnamon
- 1 cup dried bulgur, cooked according to package directions
- 1 cup plain or vanilla-flavored soy milk, heated
- $\frac{1}{2}$ cup maple syrup
- 2 Tbsp. finely chopped pecans

In small bowl, combine apple, currants and cinnamon; set aside. In medium saucepan, prepare bulgur. Spoon bulgur evenly into 4 bowls. Pour warm soy milk evenly over bulgur; drizzle with maple syrup. Spoon apple mixture evenly on top; sprinkle with pecans. Serve immediately.

Makes 4 servings. Per serving: 322 calories, 4 g fat (<1 g saturated fat), 69 g carbohydrate, 7 g protein, 10 g dietary fiber, 18 mg sodium.

Brown Rice Pudding

- 4 cups lowfat milk
- 1 cup brown rice
- 3 wide strips orange zest
- 3 Tbsp. sugar
- Pinch of salt
- 1 tsp. vanilla extract
- Pinch of nutmeg
- ½ cup dried cranberries
- ¼ cup golden raisins
- ¼ cup toasted chopped pecans (optional)

In heavy medium-size saucepan, bring milk, rice, orange zest, sugar and salt to a boil. Reduce heat to low. Cover and gently simmer until rice is tender and milk is almost absorbed, stirring occasionally, about 1-1½ hours. Add vanilla and nutmeg and stir to blend over low heat until mixture is thick, about 5-10 minutes. Remove zest. Stir in cranberries and raisins. Sprinkle with chopped pecans, if desired. Serve warm.

Makes 6 servings. Per serving: 258 calories, 3 g fat (1 g saturated fat), 50 g carbohydrate, 8 g protein, 3 g dietary fiber, 137 mg sodium.

Confetti Breakfast Burritos

- 2 large eggs
- 4 egg whites
- 2 tsp. olive oil
- 1 medium tomato, seeded and chopped
- ¼ cup diced green pepper
- ¼ cup diced red pepper
- ¼ cup diced yellow squash
- ¼ cup chopped green onion
- Salt and freshly ground black pepper, to taste
- Cayenne pepper, to taste (optional)
- 4 Tbsp. soy bacon bits (or to taste)

4 flour tortillas, preferably whole wheat, room temperature or warmed

In medium bowl, beat eggs with egg whites. Set aside. Heat olive oil in nonstick skillet over medium heat. When oil is hot, add tomato, peppers, squash and onion. Cook 3 minutes, stirring constantly. Add eggs and scramble with a fork or spoon. Add salt, pepper and cayenne, if using. When eggs are cooked, stir in soy bacon bits. Divide eggs evenly onto tortillas. Roll up tightly, burrito style, and serve immediately.

Makes 4 servings. Per serving: 202 calories, 8 g fat (1 g saturated fat), 26 g carbohydrate, 13 g protein, 4 g dietary fiber, 471 mg sodium.

Southwest Vegetable Frittata

- 1 Tbsp. canola or olive oil
- ½ cup diced red pepper
- ¼ cup diced yellow onion
- ½ – 1 small jalapeño pepper, seeded and finely minced
- ½ cup canned black beans, drained and rinsed
- 2 large eggs
- 4 egg whites
- Salt and pepper, to taste
- ¼ cup grated soy cheese or reduced fat sharp cheddar cheese
- ¼ avocado, thinly sliced
- ½ cup chunky salsa or pico de gallo
- 2 Tbsp. chopped cilantro, to garnish (optional)

In large skillet, heat oil over medium-high heat. Add red pepper, onion, jalapeño and black beans and sauté 5 minutes, being careful not to mash beans. Remove skillet from heat and set aside. In bowl, beat eggs and egg whites. Set aside. Return skillet with vegetables to heat. With wooden

spoon, stir vegetables and beans until evenly distributed. Pour eggs over top and spread with spoon to evenly distribute across vegetables and beans. Sprinkle with salt and pepper. Cover and cook over medium heat until eggs are just set, about 2-3 minutes. Remove pan from heat and sprinkle with cheese. Cover and allow cheese to melt for just a minute. Gently slide the fritatta onto plate or platter. Top with avocado slices and salsa. If desired, garnish with fresh cilantro. Makes 4 servings.

Per serving: 160 calories, 8 g fat (1 g saturated fat), 11 g carbohydrate, 12 g protein, 3 g dietary fiber, 427 mg sodium.

Italian Breakfast Strata

- 2 tsp. olive oil
- 2 cups chopped mushrooms
- 1 medium yellow onion, chopped
- 2 medium tomatoes, seeded and chopped
- Dash of salt
- Nonstick cooking spray
- 5 slices crusty whole wheat bread, cubed
- $\frac{1}{4}$ cup fresh basil leaves, shredded or 2 tsp. dried basil
- 2 Tbsp. fresh oregano leaves or 1 tsp. dried oregano
- $\frac{1}{2}$ cup reduced fat or light cheddar cheese
- 2 large eggs
- 4 egg whites
- $1\frac{1}{2}$ cups lowfat milk
- $\frac{1}{2}$ tsp. dry mustard powder
- Dash of salt and pepper

In nonstick skillet, heat oil over medium-high heat. Add mushrooms. Sauté, stirring frequently, about 7 minutes. Add onion and tomatoes, dash of salt and continue to

cook 5 minutes. Remove from heat. Spray 9×9 -inch glass baking dish with non-stick cooking spray. On bottom of dish, evenly arrange half of the cubed bread. Evenly spoon half the vegetable mixture over the bread. Sprinkle with half the basil, oregano and cheese. Repeat process with remaining ingredients. Beat eggs and egg whites with milk, mustard powder, salt and pepper. Pour egg mixture over bread and vegetables. Cover with plastic wrap and refrigerate for several hours or overnight. Preheat oven to 375 degrees. Bake strata 45 minutes or until puffed and golden in color and cooked through.

Makes 8 servings. Per serving: 109 calories, 4 g fat (1 g saturated fat), 12 g carbohydrate, 8 g protein, 2 g dietary fiber, 212 mg sodium.

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